

# THE 2024 INTERNATIONAL LABORATORY



## freezer challenge

### WHAT IS THE FREEZER CHALLENGE?

The International Institute for Sustainable Laboratories (I<sup>2</sup>SL) and My Green Lab are partnering for the seventh year in a row to coordinate the International Laboratory Freezer Challenge. Designed to promote best practices in cold storage management for laboratories around the world, the Freezer Challenge harnesses a spirit of competition to achieve greater energy efficiency, sample integrity, and sample access.

### WHAT SHOULD I KNOW BEFORE I SIGN UP?

**WHO:** All laboratories from all sectors that have cold storage.

**WHEN:** January 1 to July 1, 2024. Scoresheets will be accessible starting January 1. You can count any actions you've taken from August 1, 2023, to July 1, 2024, on your scoresheet for points.

**REGISTER:** At [www.freezerchallenge.org](http://www.freezerchallenge.org)

**COST:** It's free upon online registration

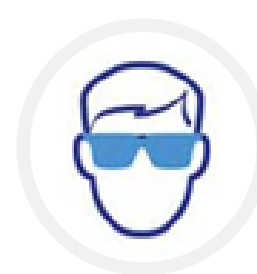
**AWARDS:** Winners receive plaques or certificates and get acknowledged in an online publication. They also get recognized at the I<sup>2</sup>SL Conference.

**QUESTIONS?** Contact [info@mygreenlab.org](mailto:info@mygreenlab.org)

### WHY PARTICIPATE?

Have impact! Participants in the 2023 Freezer Challenge saved a combined 20.7 million kWh/year as a result of their actions—equal to avoiding 14,700 metric tons of carbon dioxide emissions. Get your laboratory engaged with doing science in more sustainable ways! The Freezer Challenge benefits your research *and* the planet.

### FOCUS AREAS



**Good  
Management  
Practices**



**Temperature Tuning**



**Unit Retirements,  
Upgrades, and Unplugs**



**Cutting Edge Practices**



**Freezer and  
Sample  
Inventories**



SCAN ME

### A PARTNERSHIP BETWEEN



my green lab.

**Rise to the Challenge!**  
[www.freezerchallenge.org](http://www.freezerchallenge.org)

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